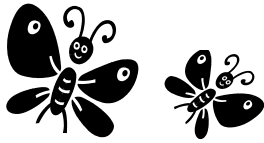




THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT  
 "WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"  
 www.sandiego.gov



## KEARNY MESA POOL

3170 Armstrong Street • San Diego, CA 92111 • (858)573-1389

## SPRING PROGRAM 2010

**Effective: April 26 thru June 27, 2010**

### LAP SWIM

Monday/Wednesday/Friday 8:00am -10:00am  
 3:00pm – 6:00pm\*  
 Tuesday/Thursday 2:30pm – 5:30pm\*  
 Saturday (starting June 12) 12:00pm -3:00pm  
 \*Limited lanes available for evening lap swim times

### RECREATION SWIM

Monday – Friday 3:00pm – 5:30pm  
 Saturday (starting June 12) 12:00pm -3:00pm

**MEMORIAL DAY**

**12:00 PM-3:00 PM**

### FACILITY ADMISSIONS FEES

Adults (16 &older) \$4.00  
 Child/Disabled/Senior \$2.00

### DISCOUNT PASS FEES

Adults (16 &older) \$100.00/30swims  
 Adults (16 &older) \$35.00/10 swims  
 Child/Disabled/Senior \$45.00/30 swims  
 Child/Disabled/Senior \$15.00/10 swims

**Passes expire one year from the date of issue and can be used at any City Pools.**

- Specific lanes/areas will be designated for Lap & Recreational swimming, however, the pool may be utilized for other programs during designated Lap/Recreational swim times
- All persons entering the facility during Recreation and Lap Swim times **MUST** pay the admission fee and wear proper swim attire at all times.
- Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.
- All Aquatic Programs, Schedules and Fees may change and/or be Cancelled without notice.



### WATER FITNESS

#### ***Aquatic Body Conditioning (ABC)***

This is a total body conditioning class; Multi-level, low impact, cardio respiratory work out held in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants need not know how to swim.

**Monday, Wednesday, Friday  
 8:00am-9:00am**

#### ***Arthritis***

This class is approved by the Arthritis foundation. Specially trained and certified instructors lead this class. Participants perform gentle stretching and strengthening exercises in the water. Movement is performed at a low to moderate intensity to develop muscular strength, endurance and increase range-of-motion. Arthritis is not necessary to enroll in this class.

**Monday, Wednesday, Friday  
 9:00am-10:00am**

**Adults/Seniors \$3.50/class  
 DISCOUNT PASS \$30.00/10 Class**



**NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE.**

**POOL CLOSED:** Saturdays until June 12, Sundays and Thursday May 13

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact District Manager (619) 533-6526) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.

## **CITY OF SAN DIEGO SWIM LEAGUE**

City of San Diego Swimming (CSDS) is a recreational swim organization for youth 5-17 years old, which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit. Swimmers are encouraged to participate in swim meet competitions with other City of San Diego swimming pools.

**Prerequisite:** Pool Manager's approval



**White and Silver Level  
Tuesday/ Thursday/ Friday  
6:00 pm-7:00pm**

**Fees: \$25.00/Month**

(Fees are due at the beginning of ea. Month)

## **YOUTH WATER POLO**

Participants are introduced to basic water polo skills with an emphasis on teamwork, fun, and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute. Ages 9 to 17 years of age.



**Monday, Wednesday  
5:30pm-7:00pm**

**Fees: \$25.00/Month**

(Fees are due at the beginning of ea. Month)

## **RENTALS**

All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager

## **DONATIONS**

By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPII Division, (619)525-8235

## **VOLUNTEERS NEEDED!**

Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit [www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml) or contact the Volunteer Office at (619)533-4017

## **SWIM LESSONS**

**Registration Hours:** During hours of operation.

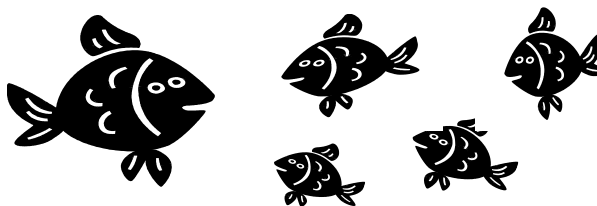
| <b>Fees:</b>        | <b>Resident</b> | <b>Non-Resident</b> |
|---------------------|-----------------|---------------------|
| <b>Large Group</b>  | <b>\$53.75</b>  | <b>\$107.50</b>     |
| Beginner 1, 2 ,3    |                 |                     |
| <b>Small Group</b>  | <b>\$80.75</b>  | <b>\$161.50</b>     |
| Tiny Tots, Adv. Tot |                 |                     |

**Mon//Wed 8/40 minute classes  
May 3- May 26**

|             |            |            |
|-------------|------------|------------|
| 4:00-4:40pm | Tiny Tots  | Adv. Tot   |
| 4:45-5:25pm | Beginner 2 | Beginner 3 |
| 5:30-6:10pm | Beginner 1 |            |

## **REFUND POLICY**

Extra care should be given to the selection of classes. **There are NO REFUNDS.** Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. **Full refund will be granted only if class is cancelled by the Pool Manager**



## **KEEPING THE POOLS CLEAN & OPEN**

- When the pool is contaminated with fecal matter, the pool must close.
- Children should use the restroom before entering the pool, wash their hands with soap and water and shower.
- Children 3 years of age and younger are required to wear a tight fitting "swimsuit diaper" or tight fitting plastic pants and a swimsuit.
- Patrons are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks.

Patrons must abide by the "no street shoes on the pool deck rule"

## **SAFETY CHECKS**

There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

## **EMERGENCY TESTING**

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated



**All City of San Diego Parks, Pools and  
Beaches are smoke free.**

